June 21
INTERNATIONAL
day of yoga

Celebration of
International Day of Yoga 2017
by Kaivalyadhama
at Lonavla, parts of India, and some parts of the world
Kaivalyadhama has been continuing its efforts towards ensuring that Yoga does not remain a ‘one day’ celebration on the 21st of June, but we aspire to conclude something larger on this day.

Kaivalyadhama has been emphasizing that youth should get involved in the practice and understanding of Yoga. This year too, we emphasized on training for a week / two weeks / a month at various places.

Our programs went across various parts of the globe. The Ministry of A.Y.U.S.H. through the C.C.R.Y.N. sanctioned conduction of 20 camps each of a duration of 15 days. This would enable inculcation of Yoga practices amongst the practitioners. We could conduct this successfully in various parts of Lonavla. The Regional Police Training School has 700 participants sincerely practicing the Common Yoga Protocol, the Indian Navy Ship (Training Centre) Shivaji has around 350 people practicing, and the residents of Lonavla – Khandala at various locations. In Mumbai we had K.C. College, National College, Hinduja College, H.R. College conducting 15 days of training for the students. The S.N.D.T. Women’s University made a well-organized plan to conduct training across their 50 affiliated colleges in Mumbai and culminate the same at Kaivalyadhama Lonavla on the 30th of June 2017. The Union Territory of Lakshadweep did a 10-day training program of C.Y.P., which was excellently executed, especially keeping in mind that it was the month of Ramadan. The Indian Coast Guards took to the training of the module very sincerely and executed it at five places with utmost dedication. The U.T. of Daman & Diu also took lead in organizing a 10-day training at various
places across the territory. The Director General of Police along with senior officials was present in the old assembly hall at Mumbai to motivate the officers to adopt Yoga as a lifestyle. At the S.R.P.F. ground, the 21st of June culminated with the 10-day training which was organized for around 400 personnel. The Indian Postal Department repeated its dedicated effort by doing the training program at their Head Office. There are so many other places which you will see in the photos where the celebrations / practice happened.

Kaivalyadhama has decided to take Yoga in our institutions of higher learning and the schools. This would be the focus of our external activities for the next decade. We can say that this will be our prime focus. If we are able to effect a change in this generation, then automatically one can expect a more integrated society and an integrated nation.

On the 21st of June, the team from Kaivalyadhama spread itself far and wide for organizing programs of significance and programs of depth. Kaivalyadhama - Lonavla, Mumbai, Bhopal, Jaipur, hosted the event with an appreciable number of participants. Internationally, France, Germany, Thailand, China, Taipei, Canada, U.S.A., our past pupils and students participated whole-heartedly and enhanced the experience by impacting lives introducing them to yoga. A major program in Lonavla Municipal Council witnessed the participation of councillors and office bearers. 11 schools of the B.M.C. undertook to training and in Lonavla all the Municipal Schools practiced Yoga. In Lonavla we have undertaken a year-long training schedule for the schools.

Raj Bhavan, the grant heritage place in the Capital of Maharashtra, Mumbai, witnessed a session of Yoga, which we conducted at a historic place where the declaration of United Maharashtra State was made. Thereafter a grand program was organized at S.N.D.T. Women’s University where Shri Ramdas Athavle, Cabinet State Minister for Social Justice and Welfare, participated in a very enthusiastic manner together with Smt. Dr Sashikala Wanzare, the Vice Chancellor of the University. After this, a valedictory program was held at K.C. College where all those involved were acknowledged. Shri. Venugopal Reddy, Secretary of Governor of Maharashtra, was present along with Smt. Smita Jaykar to support the event. Mr. Anil Harish, the President of the H.N.S.C.B. extended his support for promotion of Yoga in colleges of the board.

International Day of Yoga has now become a movement, and it would be interesting to see if this helps in better holistic health at all levels. We are grateful to the large family of Kaivalyadhama, which always makes it possible to carry on such a humongous task in the true spirit of Yoga. Our thanks to all the organizations, which came forward and celebrated I.D.Y. 2017 in true spirit of practice.

I conclude with the vision of Swami Kuvalyananda “The principal ideal of Kaivalyadhama is the coordination of the spiritual phenomena of Yoga with modern science, with a view to evolve a Philosophy that would, perhaps satisfy the majority of mankind.”

Subodh Tiwari
Chief Coordinator
I.D.Y. 2017, Kaivalyadhama
Kaivalyadhama, Lonavla

Teachers: Sandhya Dixit, Mamta Bhist, Etsuko Hashimoto, Jaya Bavaskar, Neeta Gade, Anukool Deval
Police Training School, Khandala

Teachers: Ashok Sharma, Jyoti Gautami, Etsuko Hashimoto, Ankit Mehta, Debasri Ganguli
I.C.Y.H.C. Kaivalyadhama, Mumbai (continued)
I.C.Y.H.C. Kaivalyadhama, Mumbai (continued)
Media Coverage - News in Kharbe Aaj Tak

Media Coverage - News in Forever News

Interview with Shri Ravi Dixit, JD, Kaivalyadham Mumbai on ALL INDIA RADIO
Ravi Dixit at Police Head Quarters, Mumbai

Yoga Class at Marine Drive, led by Smt. Shilpa Ghone, Senior Teacher, Kaivalyadhama Mumbai; Celebrities, Politicians and Yoga Gurus

Guest of Honour: Shri. Satish Mathur, Director General, Police
Interview of Joint Director of Kaivalyadham Mumbai Shri. Ravi Dixit on DD Shyadrii n Marathi News

Live Interview of Smt. Shilpa Ghone, on Dial in Show on ASMITA channel of All India Radio on 20th June 2017

Interview of Dr. Gayari Gohil on Sakhi Sahyadri
Teachers: Naina Daryanani, Rajesh Bhalerao, Dr Nutan Pakhare

Tata Memorial Centre - Advanced Centre for Treatment, Research and Education in Cancer, Kharghar, Mumbai
Teachers: Vinod Tandel, Amit Sarpotdar, Vaishali Rane, Bharat Chawda, Chetali Soni, C.V. Zarekar, Akshay Chavhan, Dinesh Tripathi, Sheetal Mistry, Pushplata Chavhan, Shilpa Ghone
11 B.M.C. Schools, Mumbai (continued)
Coast Guards, Belapur, Mumbai
Teacher: Renu Jain

Teachers: Rakhi, Rajesh Bhalerao
Dharavi Sports Complex, Mumbai

Guest of Honour: Shri. Vinod Tawde, Minister for Higher and Technical Education, MS

Coast Guards, Worli, Mumbai

Teachers: Somal Shah, Prashant

Teachers: Dr Nutan Pakhare, Bhumika Gohil, Rashmita Sabat
K.C. College, Mumbai

Teachers: Harsh Zaveri, Sandeep Solanki, Viral, Sonal, Bharat, Sunita, Smita Jayakar, Dr Hemlata Bagla, Subodh Tiwari;

Guests of Honour: Shri. Veenugopal Reddy, Secretary to the Governor of MS; and Shri. Anil Harish, President, HSNC Board

Mithibai College, Mumbai

Teacher: Jyoti Raut

Dignitary: Principal Dr Rajpal Hande
National College, Mumbai

Teachers: Dr Nutan Pakhare, Forum Shah, Devang Shah, Sandip Solanki, Dr Chetal Rambhia, Jyoti Raut, Mohit Upadhyay, Rashmiya Sabat, Bhumiika Gohil, Trupti Jain, Bharat Chawada, Priti Chawada, Divya, Darshana, Monica, Akshata, Sunita Adhikari, Anand Jaiswal

Guest of Honour: Dr Sanjay Deshmukh, Vice Chancellor, University of Mumbai
S.N.D.T. College, Mumbai

Teachers: Rajat Dua, Viral Zaveri, Sandip Solanki

Guests of Honour: Shri. Ramdas Athavale, Minister for Social Welfare; Justice IC and Dr Smt. Sashikala Wanzare, Vice Chancellor, SNDT University
Western Railway, Mumbai

Teachers: Dr Chetan Rambhiya, Misbah Pathnvala, Divya

Cooper Hospital, Mumbai

Teacher: Dr Sanjay Baraskar
Indian Naval Physical Training School, Goa
Teachers: Dr G.P. Shukla, Shri Prabhu
Daman, Diu, Silvassa

Teachers: Sarvesh Mishra, Lopamudra Gupta, Ankit Mehta, Prachi Gonte
Daman, Diu, Silvassa (continued)
Madhya Pradesh
Bhopal

Teacher: Kaivalyadham Bhopal Team
Chengdu, Kunming, Beijing

Teachers: Shri O.P. Tiwari, Anukul, Jyothi Soni, Sandeep Dixit
France

Ecole De Yoga Yogadhama, France

Teacher: Nathali Anthony, Lav Kumar
Indonesia

Kaivalyadhama, Jakarta

Teacher: Dr Shanti H.